



Personal Best

Cosmetic and Plastic Surgery Update
Fall 2005

Dr. Sheila Bond, M.D.

39 South Fullerton Avenue
Montclair, NJ 07042
973-509-0007

www.bondplasticsurgery.com

Autumn Seminars

September 29th: **“Tummy Tuck” vs. Liposuction of the Abdomen- Which is Right For You?**

Because of its popularity, Dr. Bond will be repeating her Tummy Tuck (Abdominoplasty) Seminar with the addition of a comparison to Liposuction of the Abdomen and discussion of which is right for you.

Subjects to be covered:

- Differences between Liposuction and Abdominoplasty
- Will Liposuction solve your problem or is a Tummy Tuck needed?
- How a Tummy Tuck is performed
- Special steps to ensure the safety of the procedures
- Recovery- how long does it take?
- Combining a Tummy Tuck with a medical procedure

October 20th: **Mastopexy: Need a Lift?**

(see our Procedure of the Month, on back)

November 17th: **Looking Great for the Holidays - Botox, Fillers and Rejuvenating Skin Care**

Many of us feel that we'd like to look younger but are not quite ready for a face lift with a lengthy

recuperation. Most patients can experience a substantial benefit with the minimally invasive administration of BOTOX, Restylane and Radiesse for facial rejuvenation. Dr. Bond will present a seminar on the benefits of BOTOX and fillers to turn back the hands of the clock.

Topics to be covered are:

- How BOTOX and fillers can refresh your face
- What BOTOX can do for frown lines
- How BOTOX relaxes the muscles
- What Restylane and Radiesse can do for wrinkles
- How long will BOTOX and fillers last
- Are these products safe?
- Why BOTOX and fillers complement each other

Don Barresi, our representative from Neostrata, will be joining us on November 17th to discuss the new products in the line and bring lots of samples to try. We are offering a 10% discount off Neostrata products purchased at the seminar.

At each seminar, Dr. Bond will be available to answer your questions about these life-changing procedures and you'll be able to view "before and after" photos of our patients.

Seats for all seminars are limited, so please call our office to register for these informative seminars.

Procedure of the Month: Mastopexy (Breast Lift)

Over the years, factors such as pregnancy, nursing and weight loss can take their toll on a woman's breasts. Breast Lift or Mastopexy is a surgical procedure to raise or reshape sagging breasts. If your breasts are small or have lost volume after pregnancy, breast implants can be inserted at the time of the lift to increase their firmness and size.

The best candidates for Mastopexy are non-smoking women with smaller yet sagging breasts. Breasts of any size can be lifted, but the results may not last as long in heavier breasts.

Mastopexy is not advisable in women who are planning to become pregnant in the future. While the procedure does not interfere with the ability to breast feed, a pregnancy is likely to stretch your breasts and offset the results of the procedure.

Mastopexies are performed in a hospital under general anesthesia. The procedure will leave you with a "T" or "anchor" scar, one line straight down from the areola joined perpendicularly to another line extending under the breasts. Although the scar is noticeable, it's a small price to pay to regain your youthful, beautifully shaped breasts.

The Real Peel

Many cosmetic companies and beauty salons are marketing various versions of chemical peels at bargain rates compared to peels in doctor's offices. You may be thinking, "Why should I pay \$200 for a peel in Dr. Bond's office when I can get a salon peel for less than half, or an over-the-counter product for even less?" All peels are not the same, and though ingredients are listed on the packages, the percentages of active ingredients are often confusing and misleading. The active ingredient in most peels is glycolic acid. By Law, Salon and over-the-counter products can only contain up to 10% glycolic acid. These products are buffered to slow the reaction of the acid and prevent penetration, resulting in only a slight superficial peeling. The chemical peels given in our office are

un-buffered, pharmaceutical grade, with the percentage of peeling agent (glycolic acid) beginning at 20% going up to 70%! The amount of exfoliation is much greater to affect a deeper peel resulting in the production of smooth new, regenerated skin. A regimen of chemical peels can remove fine lines, "age spots" sun damage and can even the skin tone. Understandably, these products can only be administered in a doctor's office by a medical professional. Dr. Bond will decide how deep the peel needs to be to obtain the optimal benefit and customize a treatment to complement your skin type. Professional chemical peels can make your skin look refreshed and rejuvenated at any age.

Body Contouring Seminar

On Tuesday, September 20 at Mountainside Hospital, Dr. Bond will be presenting a seminar for people who are interested in re-shaping their bodies after Gastric Bypass surgery. The lecture will run from 7:00 to 8:00. If you are interested in attending, please call the Mountainside Hospital Education Department at (800) 247 9580 to register.

Frequent Filling Friends

Are you a frequent filler? Willing to share your secret with a friend? If you bring a friend for Restylane or Radiesse from September 15th through December 15th, you'll both get \$50 off. With Restylane Rewards still in effect, your savings with the rebate will be even greater! Please mention this newsletter when you make your appointments.

New Lipo

Dr. Bond has just purchased a new Liposuction machine. We can now perform small liposuction procedures and post surgery revisions right in our office.

New Office Hours

Beginning September 1, we will be changing our office schedule from Tuesdays and Thursdays to Wednesdays and Thursdays. Thursday will remain our late night.